



MEMORANDUM



DATE: May 7, 2007

TO: Agency Secretaries
Department Directors

FROM: **David A. Gilb**
Director
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SUBJECT: American Heart Walk for State Employees

The American Heart Association (AHA) is holding the 7th Annual State Employee American Heart Walk and health fair on **Tuesday, September 18, from 11:30 a.m. to 1:30 p.m.** on the West Steps of the State Capitol Park in Sacramento.

This event, sponsored jointly by AHA and the State of California, Department of Personnel Administration (DPA), gives State employees an opportunity to participate in a fitness activity and support the American Heart Association's work to fight our nation's number-one killer. Participants are sponsored to walk one mile around the Capitol to raise funds for the AHA. The health fair will feature physical activity demonstrations, health screenings and a variety of health-related information.

We ask all departments to support the State Employee American Heart Walk and health fair. DPA plans to provide one hour of administrative time-off to all DPA employees who participate in the event. We encourage other departments to do the same if workload permits.

Why Your Department Should Participate

Heart disease causes more U.S. deaths than the seven other leading causes of death combined. Over 2,600 Americans die of cardiovascular disease daily, an average of one death every 33 seconds. Someone has a stroke every 45 seconds and 1 in 4 adults has high blood pressure.

The State Employee American Heart Walk and health fair helps increase awareness of heart health and disease and encourages walking as a beneficial physical activity. By supporting this event, your department will be helping employees take steps toward leading an active and healthy life.

A volunteer site coordinator is needed from each department to promote the event and recruit walkers. Volunteer site coordinators in the Sacramento area should contact Suzanne Bartlett suzanne.bartlett@heart.org of the AHA at (916) 446-6505 to arrange for an orientation and a department rally as soon as possible. Departments outside of the Sacramento area may contact their local American Heart Association Corporate Events Director for information about events or opportunities in their area.

Terri Skondin, Statewide Health Promotion Program Manager at the Department of Personnel Administration, may be reached at (916) 324-9398 or TerriSkondin@dpa.ca.gov if you or your staff have questions regarding this event.